

The District Institute of Education and Training Leh in collaboration With Health Department organized four days School Health and Wellness Programme from 7<sup>th</sup> of January to 10<sup>th</sup> January 2026 for the Newly appointed School Health and Wellness ambassadors, PEMs and PETs at DIET Leh.

**Leh,7 January 2026:** A four-day workshop under the **School Health and Wellness Programme (SHWP)** was inaugurated today at **DIET Leh**. The Programme is joint initiative of **the Ministry of Health and Family Welfare and the Ministry of Education**, aimed at strengthening Health education and holistic well-being of students studying in Government and Private schools of Leh District.

The workshop is being conducted for newly appointed School Health and Wellness Programme teachers, PEMs and PETs of Government High and Higher Schools of Leh District.

The Inaugural session was formally opened by the Head of the Department (HOD), **Smt. Sonam Lamo, along with Dr. Farhana Iqbal (DIO and District Nodal Officer, SHWP, Leh)** in presence of SHWP coordinators and Adolescent Wellness Centre counsellors of Tangtse, Nyoma and Nubra block.

The four -day training is designed to developed a deeper and comprehensive understanding of the 11-modules of school Health and Wellness Programme, enabling teachers to effectively address the physical, mental, emotional and social well-being of the students.

**On the first day, in first session, Dr. Farhana Iqbal** provided an overview of the **School Health and Wellness Programme**, highlighted its objectives, structure and the crucial role of teachers in promoting healthy lifestyle among the students. This was followed by an insight session by **Dr. Savita Poonia, Gynecologist**, who spoke in detail about the physical and physiological changes during adolescents.

In the second session, **Dr. Sajjad Hussain, Clinical Psychologist**, delivered an engaging and informative talk on prevention and management of substances misuse, emphasizing early identification, counselling strategies and the role of schools in creating a supportive and safe environment for students.

A total of 70 teachers, PEMs and PETs from Government schools are participating in the workshop. The Programme is expected to enhance their capacity to implement the School Health and Wellness Programme effectively and to act as a change agent in promoting adolescent health and well-being across schools of Leh District. The workshop reflects a strong commitment towards integrating health, wellness and education in aligned with National Priorities for the wellbeing of children.



